

HIPAA—Did You Know? By Linda Eargle

Thank you everyone for your attention to maintaining the privacy of those we serve. We've maintained our quality of 90% of our patient medical records have signatures that verify that our HIPAA policy was



provided on each visit.

HIPAA requires on-going training so everyone has knowledge of the HIPAA policies. As we continue to improve our processes, I'd like to ask your opinion on how to document everyone who is in the building, has participated in training. Currently, these columns and the initial and recertification training are our program. Ideas??

I've had a couple of times this year where the laptop has been perplexing. Someone was signing the HIPAA verification and somehow the signature was saved but I couldn't go back to add in the name of the person signing. My solution was to add a statement in the EMT narrative section indicating the name of the person who signed the HIPAA verification. The EMT then included that in their narrative. Please email your ideas, questions or comments on HIPAA, to me at lindaea@scc-ems.us. Wishing you a blessed holiday season.

Many Thanks to the Sew 'N Sews For our Table Runners

Below, Mike Bardell presents a certificate of appreciation to the Sew "N Sews for stitching up the table runners used at the Annual Awards Dinner.



Seasonal Affective Disorder Awareness

Is seasonal affective disorder (SAD) considered depression? If so, should you be treated for it year-round even though it comes and goes?

Seasonal affective disorder, or SAD, is a form of depression that primarily affects people during the fall and winter months when there is less daylight, particularly in locations farther from the equator. This lack of light can disturb the internal clock and may lead to feelings of depression. The change in seasons can also influence the body's melatonin and serotonin — natural substances that play a role in sleep timing and mood.

More than just feeling blue or lacking energy on cold winter days, SAD involves persistent, pervasive symptoms of depression. Those symptoms may include feeling sad, angry or easily irritable most of the day nearly every day; lack of interest in activities once enjoyed; difficulty concentrating; persistent tiredness; lack of energy; and, in some cases, feeling that life isn't worth living or having suicidal thoughts. People with SAD often feel:

- tired and sleep more than usual.
- crave carbohydrates and eat more
- Symptoms may get worse as winter progresses.

The good news is that there are several effective treatments for SAD:

- Light box therapy is particularly useful.
- Medication may also be part of treatment.
- Psychotherapy has also been found to be effective.
- Getting regular exercise,
- Maintaining healthy sleep habits including a predictable sleep/wake cycle,
- Eating a healthy diet and limiting the amount of sugary foods you consume.

If you suspect the reason you're feeling blue or depressed could be Seasonal Affective Disorder, talk to your doctor.

TEAM CAPTAINS

Team 1	Paul Donohoe
Team 2	Betty Richner
Team 3	Walt Bowers
Team 4	Tim Zion
Team 5	Rich Bothroyd
Team 6	Eileen Peco
Team 7	Jim Hunton
Team 8	

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December 2022

The Siren

Newsletter of the Sun City Center
Emergency Squad

From the Chief's Desk

We are starting the Christmas season, and I can't think of a better way to start than our Awards Dinner. Looking forward to seeing many of you there.

Now that we are winding down the year, I wanted to thank all of you for your support and commitment to the community. I know there has been a lot of changes in positions, new positions in Operations and Management, but typically the squad changes most positions every couple of years. We have been very fortunate to have little turnover in administrative positions for several years. I think these changes will greatly benefit the squad in the future.

This year was challenging because we didn't have the volunteers to function the way we would have liked, but thanks to many of you, many additional shifts were worked. Some weeks I saw the same people on many different days. Your commitment to the community is evident in so many ways, from working extra shifts to covering for each other even at the last minute.

I am wishing all of you a very happy holiday season, hoping you are able to spend time with family and friends, and being able to enjoy all the wonderful events of the season. Be safe but have well deserved fun. I am looking forward to 2023 and believe it will be a year of continued commitment and support of our community as it has been for so many years.

Happy Holidays
Habbal Hoi!qayl



Chief Mike Bardell

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SUN CITY CENTER EMERGENCY SQUAD



NOTEWORTHY DATES, MILESTONES & REPORTS

Birthdays for December 2022

Richard Grant	1	Robert Bialaszewski	16
Cheryl Reed	1	Eileen Peco	16
Carolyn Whalen	1	Susan Deptula	17
Kelly Knigge	3	MaryAnn Vinci	17
Dolores Whiteside	4	Donna Heath	18
Jack Riley	5	Dave Regan	19
Tina Drury	6	Cynthia Lowe	20
Teresa Snipe	6	Jan James	21
LeeAnn Stinchcomb	7	John Lackey	21
Janice Rousseau	8	Rebecca Gonda	22
David Christensen	9	Terri Rudnitsky	23
Kay Bogart	10	Leo Scire	23
Ron Cowden	12	Jim Abney	24
Diana Raphael	12	Alice Walsh	24
Linda Menier	13	William Zeller	24
Stan Zebetakis	13	Kristin Scott	26
Hazel Crosby	14	Gene Deiss	27
Jamie Grant	15	Patricia Johnson	27
Chris Holove	15	Jacqueline Trautweiler	29
Joan Russell	15		

December Anniversaries

	Team
15 year Anniversaries	
Judy Myette	Ed.
10 Year Anniversaries	
Cathy Zurek	7
Jerry Mitchell	6
3 Year Anniversary	
Teresa Paddubney	0



November Statistics

Ambulance Runs	351
Falls	123
Falls as % runs	- 35%
Van Runs	97
Blood Pressures	80

November Sick List

Team 1	Lorraine Kennedy Gail Letzring
Team 2	Jennifer Meier Cindy Rohr
Team 3	Shirley Bardell
Team 4	Mary Bramel Linda Hughes
Team 7	Ric Hanley



Staff Changes are a Good Thing

In the past few months, there have been several administrative staff changes. If you need a “playbook” to keep up, here is a list of the Administrative Officers and staff changes.

- Assistant Chief of Education – Frank Reid, EMT
- Director of CPR – Sally Reid, EMT
- Assistant Chief of IT – Mary Christiano, EMT
- Assistant Chief of Public Relations – Eileen Peco
- Chief Financial Officer – Betty Hunton
- Director of Recruiting – Diane Neyenhouse
- Publications Manager – Jo Klodinzski
- Recruiting Assistant – Dar Brown
- Captain Team 1—Paul Donohoe

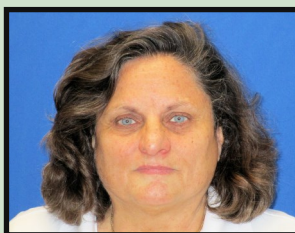
There is a Captain’s position open for Team 8. If you are interested, please contact Chris McCann, Assistant Chief of Human Resources.



Frank Reid



Eileen Peco



Mary Christiano, Sally Reid



What’s Happening?

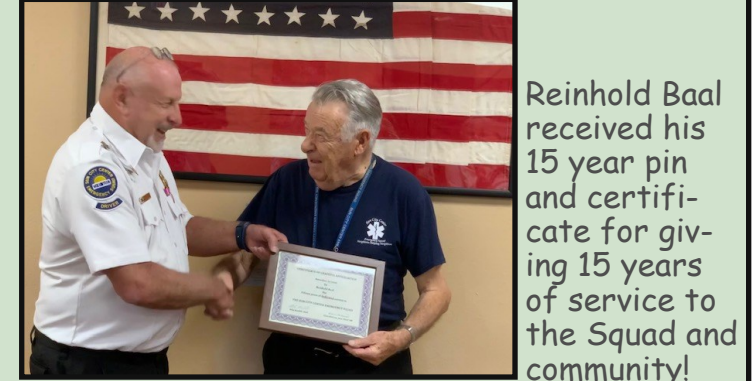
New November EMRs



New Emergency Medical Responders

Pictured below, left to right: Instructors Betty Richner, April Lester, Nancy McCune Students Jonie Fleischman, Ray Endrizzi and Karen Wolf

15 Year Service Awards



Thanksgiving Team

We want to thank Team 2 for their service on Thanksgiving Day. Our volunteers serve the community every day of the week, 24 hours a day, all year, including holidays.

Shown in the photo, right, are: Don Mayer, Teresa Snipe, Vicki Kosin Deb Spittler, Ed Whitehead, Phil Prather, Walt Prouty, Janice Chase and Cheryl Reed.

Serving the community, but not in the photograph were: Betty Richner, Jim Rottman, Paul WEGman, Jim Malinowski, Vallery McKeehan, Diane Hathaway, Betsy Schneider, Jackie Potts, Ginny Rottman, Dar Brown, Dolores Whiteside, Sara Washburn, Barb Judy, Nan McNamara, John Kosin, Peter Gallagher and Alice Walsh.

